TM Fall/Winter 2026-2027 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fresh Fruit Bowl	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**
Oatmeal	**Cream of Wheat**	**Oatmeal**	**Cream of Wheat**	**Oatmeal**	**Cream of Wheat**	**Oatmeal**
Hard Boiled Egg	**Poached Egg**	**Scrambled Eggs**	**Hard Boiled Egg**	**Assorted Yogurt**	**Hard Boiled Egg**	**Scrambled Eggs**
Whole Wheat Toast	**Whole Wheat Toast**	**Whole Wheat Toast**	**Raisin Toast**	**Apple Spice Muffin**	**Belgian Waffle**	**Whole Wheat Toast**
Margarine	**Margarine**	**Margarine**	**Margarine**	**Margarine**	**Margarine**	**Margarine**
Assorted jams	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
White Toast	White Toast	Cream Cheese	Whole Wheat Toast	White Toast	Whole Wheat Toast	Bacon
		Everything Bagel				White Toast
		White Toast				
LUNCH						
Five Spice Baked Chicken Thigh	**Oktoberfest on Bun**	**Spaghetti & Meat Sauce**	**Cheese Tortellini & Rose Sauce**	**Veal Parmesan**	**Teriyaki Turkey Casserole**	**Polynesian Pork Chop**
Diced Carrots	**Marinated Tomatoes**	**Cauliflower**	**Italian Mixed Vegetables**	**Buttered Egg Noodles**	**Rice Pilaf**	**Mashed Potatoes**
Potato Roll	**Sauerkraut**	**White Dinner Roll**	**Margarine**	**Green Beans**	**Broccoli Florets**	**Buttered Brussels Sprouts**
Margarine	**Coconut Cream Pudding**	**Margarine**	**Grated Parmesan Cheese**	**Margarine**	**Margarine**	**Margarine**
Tripleberry Crumble	Turkey Tetrazzini	**Carrot Cake**	**Cherry Cheesecake**	**Chocolate Maple Cake**	**Poultry Gravy**	**Lemon Meringue Pie**
Vegetable Cheese Strata	California Vegetables	Breaded Chicken Drumstick	Pork Chops with Cranberry Coulis	Zesty Honey Dijon Baked Basa	**Citrus Orange Cake**	Salisbury Steak
Roasted Red Skin Potatoes	Chilled Tropical Fruit	Garlic Mashed Potatoes	Rice Pilaf	Parslied Potatoes	Steak & Mushroom Pot Pie	Roasted New Potatoes
Fusion Mix Vegetables		Butternut Squash	Parsley Carrots	Fall Medley Vegetables	Sunrise Vegetables	Cocktail Vegetables
Chilled Diced Pears		Fruit Cocktail	Garlic Bread	Stewed Rhubarb	Mixed Berries	Beef Gravy
			Chilled Diced Peaches			Chilled Pineapple
DINNER						
Tuscan Minestrone Soup	**Ham & Bean Soup**	**Beef Barley & Vegetable Soup**	**Unsalted Crackers**	**Unsalted Crackers**	**Italian Wedding Soup**	**Tomato & Rice Soup**
Unsalted Crackers	**Unsalted Crackers**	**Unsalted Crackers**	**Cream of Mushroom Soup**	**Creamy Broccoli Rotini Soup**	**Unsalted Crackers**	**Unsalted Crackers**
Beef Cheese burger	**Grilled Swiss Sandwich**	**Tuna Salad Sndw on WW**	**Hot Turkey Sndw on WW w/Gravy**	**Breaded Chicken Strips**	**Ham & Cheese Quiche**	**Captain Burger on WW Bun**
Onion Slice	**Tossed Salad & Italian Dressing**	**Triple Bean Salad**	**Green Peas**	**Potato Coins**	**New England Vegetables**	**Seasoned Green Beans**
French Fries	**Grated Parmesan Cheese**	**Whipped Topping**	**Tiramisu Mousse**	**Mixed Salad with Italian Dressing**	**Margarine**	**Strawberry Pudding**
Tomato Slices	**Chocolate Ice Cream**	**Orange Gelatin**	Unsalted Crackers	**Plum Sauce**	**Lemon Pudding**	Tomato & Rice Soup
Sunrise Vegetables	Unsalted Crackers	Beef Barley & Vegetable Soup	Sliced Egg & Salad Plate	**Mini Chocolate Brownie**	Italian Wedding Soup	Unsalted Crackers
Ketchup	Roasted Vegetable Lasagna	Unsalted Crackers	Margarine	Unsalted Crackers	Unsalted Crackers	Egg Salad Sndw on Croissant
Butterscotch Pudding	New England Vegetables	Sausage Links	Mango	Creamy Broccoli Rotini Soup	Dill Pickle Chicken Sld Sandwich	Chickpea Salad
Tuscan Minestrone Soup	Pineapple Tidbits	French Toast		Sloppy Joe on WW Bun	Coleslaw	Tartar Sauce
Unsalted Crackers		Strawberry Compote		Buttered Corn	Warm Spiced Sliced Apples LoCal	Mandarin Oranges
Salmon Croquettes		Syrup		Fruit Cocktail		
Cucumber Slices		Chilled Apricots				
Tartar Sauce						
Mandarin Oranges						

TM Fall/Winter 2026-2027 - Week 2

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fresh Fruit Bowl	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**
Cream of Wheat	**Oatmeal**	**Cream of Wheat**	**Oatmeal**	**Cream of Wheat**	**Oatmeal**	**Cream of Wheat**
Hard Boiled Egg	**Poached Egg**	**Scrambled Eggs**	**Poached Egg**	**Strawberry Yogurt**	**Hard Boiled Egg**	**Scrambled Eggs**
Whole Wheat Toast	**White Toast**	**Margarine**	**Whole Wheat Toast**	**Blueberry Muffin**	**Whole Wheat Toast**	**Whole Wheat Toast**
Margarine	**Margarine**	**Assorted jams**	**Margarine**	**Margarine**	**Margarine**	**Margarine**
Assorted jams	**Assorted jams**	Assorted cold cereal	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**
Assorted cold cereal	Assorted cold cereal	Syrup	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Buttermilk Pancakes	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Rye Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast	Bacon
						White Toast
LUNCH						
Asian Chicken & Vegetables	**Beef Stroganoff**	**Lemon Pepper Cod**	**Mediterranen Chicken Pasta**	**Fish 'n Chips**	**Chicken a la King**	**Roast Beef**
Vegetable Fried Rice	**Egg Noodles**	**Scalloped Potatoes**	**Caesar Salad**	**Creamy Coleslaw**	**Parslied Noodles**	**Mashed Potatoes**
Asian Vegetables	**Broccoli Florets**	**Pick of the Day Vegetable Blend**	**Apple Cranberry Cake**	**Tartar Sauce**	**Potato Roll**	**Broccoli Florets**
Poultry Gravy	**Buttertart Square**	**Maple Pudding Cake**	Brd Veal w/Mushroom Sauce	**Iced Banana Cake**	**Green Beans**	**Margarine**
Vanilla Caramel Swirl Cake	Turkey Schnitzel on Bun	Hoisin Chicken Stir Fry	Garlic Mashed Potatoes	Honey Garlic Pork Bites	**Margarine**	**Horseradish**
Quiche Florentine	Savory Potato Wedges	Fried Rice	Prince Edward Vegetables	Herbed Potatoes	**Triple Choc Fudge Cake**	**Beef Gravy**
Parsley Carrots	Coleslaw	Asian Vegetables	Pear Cup	Cinnamon Honey Glazed Carrots	Pork Tourtiere	**Apple Pie Slice**
Margarine	Chilled Tropical Fruit	Strawberries		Mandarin Oranges	Calico Corn	Ratatouille Penne
Chilled Peach Slices					Mixed Berries	Garlic Stick
						Harvard Beets
						Grated Parmesan Cheese
						Chilled Pineapple
DINNER						
Unsalted Crackers	**Borscht**	**Cream of Tomato Soup**	**Unsalted Crackers**	**Chicken Rice Soup**	**Unsalted Crackers**	**Cream of Carrot Soup**
Butternut Squash and Apple Soup	**Unsalted Crackers**	**Unsalted Crackers**	**Broccoli Cheese Soup**	**Unsalted Crackers**	**Fall Harvest Soup**	**Unsalted Crackers**
Honey Garlic Meatballs w/Veg	**Monte Cristo Sandwich**	**LS Hot Roast Beef Sandwich**	**Turkey Sandwich w/Cranberry Mayo**	**Chicken Pot Pie**	**Ham & Swiss Sndw on Croissant**	**Chicken Kiev**
Mashed Potatoes	**Mixed Green Salad**	**Italian Mixed Vegetables**	**Mixed Salad with French Dressing**	**Cocktail Vegetables**	**Mixed Green Italian Salad**	**Buttered Brussels Sprouts**
Fall Medley Vegetables	**Grated Parmesan Cheese**	**Whipped Topping**	**Raspberry Mousse**	**Neapolitan Ice Cream**	**Baked Custard**	**Chocolate Mousse**
Hamburger Bun	**Frozen Peach Yogurt Sundae**	**Strawberry Gelatin**	Unsalted Crackers	Chicken Rice Soup	Unsalted Crackers	Cream of Carrot Soup
Beef Gravy	Borscht	Cream of Tomato Soup	Broccoli Cheese Soup	Unsalted Crackers	Fall Harvest Soup	Unsalted Crackers
Chocolate Pudding	Unsalted Crackers	Unsalted Crackers	Potato Leek Quiche	Corned Beef on Rye	Cheese Omelette	Pepperoni Pizza
Unsalted Crackers	Cheese Stuffed Manicotti	Spanakopita	Pickled Beets	Marinated Tomatoes	Sauteed Garlic Mushrooms	Caesar Salad
Butternut Squash and Apple Soup	Green Beans	Greek Salad	Mango	Dill Pickles	Brown Gravy	Margarine
Salmon Burger	Pineapple Tidbits	Tzatziki Sauce		Fruit Cocktail	Chilled Apricots	Mandarin Oranges
Tossed Garden Salad		Chilled Apricots				
Fruit Cocktail						

TM Fall/Winter 2026-2027 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fresh Fruit Bowl	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**	**Assorted Fresh Fruit Bowl**
Oatmeal	**Cream of Wheat**	**Oatmeal**	**Cream of Wheat**	**Oatmeal**	**Cream of Wheat**	**Oatmeal**
Hard Boiled Egg	**Poached Egg**	**Scrambled Eggs**	**Poached Egg**	**Scrambled Eggs**	**Hard Boiled Egg**	**Scrambled Eggs**
Whole Wheat Toast	**Whole Wheat Toast**	**Whole Wheat Toast**	**Raisin Toast**	**Whole Wheat Toast**	**Whole Wheat Toast**	**Whole Wheat Toast**
Margarine	**Margarine**	**Margarine**	**Margarine**	**Margarine**	**Margarine**	**Margarine**
Assorted jams	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**	**Assorted jams**
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Peach Yogurt	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Rye Toast	White Toast	Banana Muffin	Whole Wheat Toast	White Toast	White Toast	Bacon
						White Toast
LUNCH						
Chicken Cutlet	**Beef Shepherd's Pie**	**Herb Baked Chicken Thigh**	**Beef & Pepper Skillet**	**Beef & Macaroni Casserole**	**Beef Pizza Casserole**	**Meatloaf & Gravy**
Potato Salad	**Buttered Corn**	**Red Potato Wedges**	**Confetti Rice**	**Sunrise Vegetables**	**Tea Biscuit**	**Savoury Diced Potatoes**
Cocktail Vegetables	**Margarine**	**Green Beans**	**Italian Mixed Vegetables**	**Bundt Cake**	**5-Way Mixed Vegetables**	**Whipped Squash**
Margarine	**Beef Gravy**	**Margarine**	**White Dinner Roll**	Maryland Fish Fillet	**Margarine**	**Margarine**
Poultry Gravy	**Apple Crisp**	**Poultry Gravy**	**Lemon Buttermilk Cake**	French Fries	**Date Square**	**Beef Gravy**
Dessert of the Day	Turkey Schnitzel	**Cheesecake**	Maple Mustard Rosemary Carved Ham	Montego Vegetables	Farmers Sausage	**Strawberry Rhubarb Pie**
Pork Goulash Hungarian	Scalloped Potatoes	**Caramel Sauce**	Mashed Potatoes	Chilled Diced Peaches	Mashed Potatoes	Roast Turkey
Mashed Potatoes	Fall Medley Vegetables	Beer Battered Fish	Greek Salad		Coleslaw	Whipped Potatoes
Green Peas	Chilled Tropical Fruit	Mashed Potatoes	Margarine		Mandarin Oranges	Peas & Carrots
Chilled Diced Pears		Sunrise Vegetables	Brown Gravy			Poultry Gravy
		Fruit Cocktail	Mandarin Oranges			Mango
DINNER						
Italian Wedding Soup	**French Onion Soup**	**Loaded Baked Potato Soup**	**Borscht Soup**	**German Ham & Veg Soup**	**Fiesta Chicken Chowder**	**Cabbage & Potato Soup**
Unsalted Crackers	**Unsalted Crackers**	**Unsalted Crackers**	**Soda Crackers**	**Unsalted Crackers**	**Unsalted Crackers**	**Unsalted Crackers**
Meatball Sub	**BBQ Pork Ribette on WW Bun**	**Perogies w/Bacon & Onion**	**Turkey Club Sandwich on Wheat**	**Pastrami Sndw on Wheat**	**Hard Boiled Egg**	**Chicken Salad Sndw on WW**
Broccoli Florets	**Cucumber Slices**	**Florentine Veg Mix**	**Tomato Slices**	**Pickled Beets**	**Potato Salad**	**Chickpea Salad**
Lemon Pudding	**Butterscotch Ice Cream**	**Sour Cream**	**Strawberry Mousse**	**Pickle Relish**	**Garden Salad**	**Dessert of the Day**
Italian Wedding Soup	French Onion Soup	**Whipped Topping**	Borscht Soup	**Rice Pudding**	**Vanilla Ice Cream Cup**	Cabbage & Potato Soup
Unsalted Crackers	Unsalted Crackers	**Peach Gelatin**	Soda Crackers	German Ham & Veg Soup	Fiesta Chicken Chowder	Unsalted Crackers
Hawaiian Ham Sandwich	Veg-a-Roni Casserole	Loaded Baked Potato Soup	Mixed Veg & Cheese Frittata	Unsalted Crackers	Unsalted Crackers	Beans n' Franks
Peas & Carrots	Sliced Carrots	Unsalted Crackers	Potato Roll	Chicken Caesar Salad	Sweet-N-Sour Pork Bites	Buttered Corn
Bananas & Cream	Mixed Berries	Montreal-Style Smoked Meat Sandwich	Bacon Broccoli Salad	Garlic Bread	Fluffy Rice	Pineapple Tidbits
		Pickled Beets	Banana & Chocolate Sauce	Fruit Cocktail	Asian Vegetables	
		Chilled Apricots			Chilled Diced Pears	